

Dates	Name	Short Description	Start Date	End Date	Run Length	Theme	Type	Targeting	Points	Total Points Possible
Annual Challenges										
Annual Challenges	Complete Your Assessment	Complete your Well-being Assessment.	Tue 1/5/16	Tue 12/27/16	51	Health Risk/Education	IE (1x)		800	800
	Get a Preventive Care Check up	Visit your primary care provider this year.	Tue 1/5/16	Tue 12/27/16	51	Health Risk/Education/Prevention	One-Time		200	200
	Connect Your Device	Points for connecting your activity tracking device.	Tue 1/5/16	Tue 12/27/16	51	Engagement	One-Time		100	100
	Advance Directive	Complete the three parts of an Advance Directive for yourself or a loved one.	Tue 1/5/16	Tue 12/27/16	51	Education/Awareness	One-Time		100	100
	Eat Real to Heal	Processed foods are high in sugar and contain all sorts of artificial ingredients leading to a variety of health problems. This activity will help you eat healthier, increasing your nutritional, vitamin and mineral intake.	Tue 1/5/16	Sun 12/25/16	51	Healthy Habits/Nutrition	Tracking Weekly		35	1785
	Get Moving	Move for 150 minutes a week.	Tue 1/5/16	Sun 12/25/16	51	Healthy Weight/Movement/Physical Activity	Tracking Weekly		75	3825
	Heal Your Back	Stretch your back for 15 minutes a day at least 3 times per week.	Tue 1/5/16	Sun 12/25/16	51	Back Health/Stress Relief	Tracking Weekly		75	3825
	Just Track It	Track your daily activity at least 3 times a week.	Tue 1/5/16	Sun 12/25/16	51	Education/Awareness	Tracking Weekly		75	3825
	SmartHealth Program Detective	Watch this video to learn how to navigate the site.	Tue 1/5/16	Tue 12/27/16	51	Education/Awareness	One-Time		200	200
	Sleep Well	Improve your sleep.	Tue 1/5/16	Sun 12/25/16	51	Education/Awareness/Health	Tracking Weekly		100	5100
	Visit a State Park	Visit one of Washington's beautiful state parks either by yourself, with a friend or the whole family.	Tue 1/5/16	Tue 12/27/16	51	Back Health/Healthy Weight/Physical Activity/Stress Relief	Tracking by End Date		100	100
	Save for Retirement	Contribute to your savings plan.	Tue 1/5/16	Tue 12/27/16	51	Financial Wellness	One-Time		125	125
	Introduction to the EAP	Watch the Employee Assistance Program Orientation video or visit the EAP webpage to see information on how to utilize the EAP .	Tue 1/5/16	Tue 12/27/16	51	Education/Awareness	One-Time	Applicable agencies/sub-agencies	100	100
	Sign In For the First Time	Awarded automatically for Lite users when they sign in for the first time.	Fri 7/1/16	Tue 12/27/16	26	Engagement/Incentive	IE (1x)	Lite Subgroup	1000	1000
	Join Your First Activity!	Awarded to Lite users who join an activity.	Fri 7/1/16	Tue 12/27/16	26	Engagement/Incentive	One-Time	Lite Subgroup	200	200
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Incentive/Verified Events										
Annual Challenges and Verified Events	Preventive Dental Care - DeltaCare	Get a dental checkup.	Tue 1/5/16	Tue 11/1/16	43	Prevention/Education	Verified (1x)	Dental = 4 Relationship Code = 0	200	200
	Preventive Dental Care - UDP	Get a dental checkup.	Tue 1/5/16	Tue 11/1/16	43	Prevention/Education	Verified (1x)	Dental = 1 Relationship Code = 0	200	200
	Preventive Dental Exam - Willamette Dental Group	Get a dental checkup.	Tue 1/5/16	Tue 11/1/16	43	Prevention/Education	Verified (1x)	Dental = 3	200	200
	Diabetes Prevention Program - Group Health	Complete any 9th class of a 16 week, evidence based course that can reduce your chances of developing diabetes by over 50% - Group Health/DPCA.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (1x)	Medical = C, CHSA, CV, C1 Risk = Healthy Blood Sugar	300 Start/200 Complete	500
	Diabetes Prevention Program (NOT ME) - UMP (Regence)	Complete any 9th class of a 16 week, evidence based course that can reduce your chances of developing diabetes by over 50% - Regence/DPCA.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (1x)	Medical = U, U1, U2, UHSA Risk = Healthy Blood Sugar	300 Start/200 Complete	500
	Diabetes Prevention - Kaiser	Complete any 9th class of a 16 week, evidence based course that can reduce your chances of developing diabetes by over 50% - Omada/Kaiser Permanente.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (1x)	Medical = D, DHSA, DV Risk = Healthy Blood Sugar	300 Start/200 Complete	500
	Diabetes Control Program - UMP (Regence)	Quarterly consultation (up to 4 times per year for 1 hour) with specially trained pharmacists to help improve/control diabetes - Regence/DPCA.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (4x)	Medical = U, U1, U2, UHSA Risk = Healthy Blood Sugar	125	500
	Living Well Workshops - Group Health	Earn points on the completion of at least 4 Living Well Workshops (points awarded at the 6th session) - Group Health.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (1x)	Medical = C, CHSA, CV, C1	300 Start/200 Complete	500
	Quit Tobacco - UMP (Regence)	Tobacco Cessation Program (completion points awarded at the 5th session) - Alere/Regence.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (2x)	Medical = U, U1, U2, UHSA Risk = Smoke Free Living	300 Start/200 Complete (2x)	1000
	Quit Tobacco - Group Health	Tobacco Cessation Program (completion points awarded at the 5th session) - Alere/Group Health.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (2x)	Medical = C, CHSA, CV, C1 Risk = Smoke Free Living	300 Start/200 Complete (2x)	1000
	Quit Tobacco (Breathe Online Digital Coaching) - Kaiser	Online - Kaiser Permanente.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (2x)	Medical = D, DHSA, DV Risk = Smoke Free Living	500 (2x)	1000
	Quit Tobacco (Phone) - Kaiser	Telephonic (completion points awarded at the 2nd call) - Kaiser Permanente.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (2x)	Medical = D, DHSA, DV Risk = Smoke Free Living	300 Start/200 Complete (2x)	1000
	Health Coaching - Group Health	Earn points on the completion of at least 3 sessions in health coaching - Group Health.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (1x)	Medical = C, CHSA, CV, C1	300 Start/200 Complete	500
Wellness Coaching - Kaiser	Earn points on the completion of at least 2 calls in telephonic health coaching - Kaiser Permanente.	Tue 1/5/16	Tue 11/1/16	43	Health Risk/ Education/Prevention	Verified (1x)	Medical = D, DHSA, DV	300 Start/200 Complete	500	
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January 5 - April 3										
January - March	Early Bird Bonus - Governor's Challenge	Complete the Well-being Assessment by 3/31/16 to earn bonus points	Tue 1/5/16	Thu 3/31/16	13	Engagement	Incentive Event		100	100
	Cardio for Beginners!	Cardio is an aerobic exercise that gets your heart rate up and increases blood circulation. This beginner challenge will help your heart get stronger.	Tue 1/5/16	Sun 4/3/16	13	Exercise	Tracking Weekly		125	1625
	Healthy Pantry	Clean out the pantry to start the new year with the healthy foods you want to eat.	Tue 1/5/16	Sun 4/3/16	13	Nutrition	One-Time		100	100
	Track Your Zzzz's	Sleep is an essential part of a healthy lifestyle. Experts recommend at least 7-8 hours per night. This activity will help you get a sense of how 'well' you sleep.	Tue 1/5/16	Sun 4/3/16	13	Sleep	Tracking Weekly		100	1300
	Nighttime is Device-Free Time	A good night's sleep impacts how well you function in your waking hours. "Unplug" at least 1 hour before bed, 3 times per week. This will give your brain a chance to unwind and get ready for sleep.	Tue 1/5/16	Sun 4/3/16	13	Sleep	Tracking Weekly		75	975
	Three Meals a Day	Eating at regular times throughout the day is important for your health. Avoid not eating for long periods of time between meals. Establishing a good eating habit will help you improve your metabolism.	Tue 1/5/16	Sun 4/3/16	13	Nutrition/Energy	Tracking Weekly		75	975
	Subscribe to the EAP	Subscribe to receive EAP news and publications.	Tue 1/5/16	Sun 4/3/16	13	Stress	One-Time		125	125
	The Bright Side of Stress	Getting a better handle on stress is crucial to living a healthier and happier life. This activity will help you identify the symptoms/reasons causing you to feel stressed.	Tue 1/5/16	Sun 4/3/16	13	Stress Awareness/ Education/Relief	One-Time		75	75
	Pay It Forward	Has someone helped you through a difficult time or given you a lift when you needed it most? Take that act of kindness and "pay it forward" by helping someone else who needs support.	Tue 1/5/16	Sun 4/3/16	13	Community Service/Social	Tracking Weekly		75	975
	Dental Health	Adopt the healthy habit of flossing one time and cleaning/brushing your teeth two times per day throughout the year.	Tue 1/5/16	Sun 4/3/16	13	Health	Tracking by End Date		200	200
Perfect Start - Beginner Flexibility	Yoga can help you live a healthier and more relaxed life. This beginner program is about awareness - helping you notice the needs of your body and mind.	Tue 1/5/16	Sun 4/3/16	13	Flexibility/Exercise	Tracking Weekly		75	975	
7425										
April 4 - July 3										
	Allergy Alert	Content TBD.	Mon 4/4/16	Sun 7/3/16	13	Health	Tracking Weekly		100	1300
	Governor Walks for SmartHealth	Walk with the Governor.	TBD	TBD	TBD	Engagement	One-Time		200	200
	Am I Hungry? Really?	Constant snacking is one of the easiest ways to gain weight. This activity will help you avoid unneeded calories, notice your eating patterns and identify your hunger levels.	Mon 4/4/16	Sun 7/3/16	13	Nutrition	Tracking Weekly		125	1625

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April - June	Watch Your Portions	For weight control, how much you eat is very important. Receive helpful information you on how to eat healthier: serving portion, serving size and portion size.	Mon 4/4/16	Sun 7/3/16	13	Nutrition	Tracking Weekly		100	1300
	Quarterly EAP Activity	Quarterly EAP Activity.	Mon 4/4/16	Sun 7/3/16	13	Stress	One-Time		125	125
	Soda Swap	Heavy soda consumption is associated with weight gain, increase in blood glucose and increased insulin. This activity will help you lower all of these health risks, while also helping you stay hydrated.	Mon 4/4/16	Sun 7/3/16	13	Nutrition	Tracking Weekly		25	325
	Get Your Heart Rate Up!	Cardio is an aerobic exercise that gets your heart rate up and increases blood circulation. Longer workouts will not only get your heart stronger, but also help you lose weight. (Incorporate strength and stretching exercises for a full-body workout.)	Mon 4/4/16	Sun 7/3/16	13	Exercise/Physical Activity	Tracking Weekly		50	650
	Plant a Garden	This activity was very popular in 2015 and encourages physical activity, relaxation and spending time in the garden. It can be fun and used as a great outdoor family activity.	Mon 4/4/16	Sun 7/3/16	13	Engagement/Achievement	One-Time		50	50
	Take It Outside	Walking meetings allow you to incorporate movement into your day. They are a great physical activity, and a much needed shift that can inspire new ideas and stimulate creativity.	Mon 4/4/16	Sun 7/3/16	13	Exercise/Physical Activity	Tracking Weekly		50	650
	Sleep Sanctuary	Environmental conditions, such as temperature, noise, light, bed comfort and use of electronics affect the quality of your sleep. This activity will help you create the environment that you need for a good night's sleep.	Mon 4/4/16	Sun 7/3/16	13	Sleep	One-Time		50	50
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July 4 - October 2										
	Mindful Eating	Mindful eating is about bringing one's full attention to the process of eating —to all the tastes, smells, thoughts, and feelings that arise during a meal. This activity will teach you how to eat based on internal cues (not overeating, etc.)	Mon 7/4/16	Sun 10/2/16	13	Nutrition	Tracking Weekly		75	975
	Weed Your Garden	Enjoy the beautiful summer outdoors while you tend to your garden at least 5 times.	Mon 7/4/16	Sun 10/2/16	13	Exercise/Physical Activity/Emotional	Tracking by End Date		125	125
	Contribute to the Combined Fund Drive	Contribute to the Combined Fund Drive.	Mon 7/4/16	Sun 10/2/16	13	Community and Engagement	One-Time		125	125
	Stress Busting (Restorative)	This activity will help you reduce stress. It will provide you with ideas for restorative activities to help you relax and calm your mind, such as yoga, massage, meditation, and Tai Chi.	Mon 7/4/16	Sun 10/2/16	13	Stress	Tracking Weekly		50	650
	Quarterly EAP Activity	Quarterly EAP Activity.	Mon 7/4/16	Sun 10/2/16	13	Stress	One-Time		125	125

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July - September	Cut the Stimulants	Caffeine/Nicotine/Pseudoephedrine/etc. can cause many serious sleep problems (disruptive sleep, causing tiredness and nervousness). This challenge will provide you with educational information of how stimulants affect your sleep.	Mon 7/4/16	Sun 10/2/16	13	Sleep	One-Time		125	125
	The Magic Hour	Daily work and personal responsibilities can make it hard for you to get the sleep that you need. This activity will help you make a conscious decision to power down and relax, allowing you to sleep well and recharge.	Mon 7/4/16	Sun 10/2/16	13	Sleep	Tracking Weekly		50	650
	Financial Awareness	401 K Challenge/Beneficiary?	Mon 7/4/16	Sun 10/2/16	13	Finance	One-Time		150	150
	Attend a Community Event	One time, self reported - attend an event in your community.	Mon 7/4/16	Sun 10/2/16	13	Community and Engagement	Tracking by End Date		75	75
	Blast Fat, Fast (Intermediate Cardio)	Cardio is essential at any age. Regular aerobic exercises improve heart health, and combined with strength training, can prevent injury and build stronger bones. This activity will help you create a physical routine that matches your physical abilities.	Mon 7/4/16	Sun 10/2/16	13	Flexibility/Exercise	Tracking Weekly		75	975
	Community Fitness Challenge	One time, self reported - attend any kind of fitness event/walk in your community.	Mon 7/4/16	Sun 10/2/16	13	Engagement/Achievement/Physical Activity	One-Time		100	100
	Back Health	Back pain is one of the most common health related complaints people have. This activity will provide you with educational information on how to take proactive steps in keeping your back healthy, like learning about the benefits of regular stretches and strength training.	Mon 7/4/16	Sun 10/2/16	13	Health	Tracking Weekly		125	1625
	Get Information About Your 2017 Benefit Options	Attend a benefit fair or view a webinar to get information about your 2017 benefit options.	Tue 11/1/16	Wed 11/30/16	9	Education	One-Time		125	125
5825										
October 3 - December 27										
October - December	Label Literacy	Help improve your food label literacy - providing you with knowledgeable information on how to improve your diet.	Mon 10/3/16	Tue 12/27/16	13	Nutrition	Tracking Weekly		25	325
	Eat on the Edge	This activity will guide you where you can find fresh foods and motivate you to avoid the center aisles where junk foods lurk.	Mon 10/3/16	Tue 12/27/16	13	Nutrition	Tracking Weekly		25	325
	The Power of Napping	Power naps can help you relax and recuperate. This activity will provide you with educational information about the benefits of napping.	Mon 10/3/16	Tue 12/27/16	13	Sleep/Energy Level	Tracking by End Date		50	50
	Treating chronic sleep issues	This activity will help you determine if you are suffering from a sleeping disorder, such as sleep apnea or chronic insomnia. Visit a sleep clinic vs. PCP or talk to your doctor.	Mon 10/3/16	Tue 12/27/16	13	Sleep/Energy Level	Tracking Weekly		75	975
	The Natural Way	To help ward off depression and suggest exercises to help you stimulate anti-anxiety effects.	Mon 10/3/16	Tue 12/27/16	13	Stress	Tracking Weekly		50	650

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	Fight or Flight?	This activity will teach you how deep breathing is a simple, yet, powerful relaxation technique.	Mon 10/3/16	Tue 12/27/16	13	Stress Reduction	Tracking Weekly		50	650
	Quarterly EAP Activity	Quarterly EAP Activity.	Mon 10/3/16	Tue 12/27/16	13	Education/Awareness/Support	One-Time		150	150
	Bicep Curl	Introduce core, upper body and leg exercises for a full body workout, helping you stay in shape.	Mon 10/3/16	Tue 12/27/16	13	Flexibility/Exercise	Tracking Weekly		50	650
	Stretch for Life	Get more flexible and improve your balance.This activity is great for your physical and mental state of mind as yoga also helps reduce stress.	Mon 10/3/16	Tue 12/27/16	13	Flexibility/Exercise	Tracking Weekly		35	455
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